



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 194) Share May 11, 2024

Welcome to Week #194 of the Immune Booster CSA. Please enjoy the newsletter with some recipes, good food tips, etc., and let us know if you need any help in finding any other creative ways to use the following items.

PLEASE NOTE: There will not be a separate email with the Pick Up Protocol anymore, so you will not receive a Pick Up Reminder email. One update at the Washtenaw Food Hub is that we ask you to come inside the market to pick up your share for the winter. Very specific descriptions were in the initial registration emails, and you may also go to our website for more details about each location: <https://www.tantrefarm.com/imm...>

REFLECTIONS FROM RICHARD and DEB

Mother Nature put on quite a show for any of us who watched the sky last night. If you are a star gazer, this month has been pretty spectacular from a total solar eclipse to an amazingly colorful dancing of pink and green lights with the aurora borealis in the night sky last night. If you want to be awestruck, it was an amazing show to look up and see such a sight!

However, on a day to day level, our tendency is to look down at the brown sandy earth, as we plant acre after acre of thousands of seedlings at this time of year. Looking down we see that the cool, wet rain and the warm, sunny days have brought mushrooms to the logs in the woods, and the grass is growing in leaps and bounds. The maple tree leaves are fifty percent of their adult size. The oaks are sending out their little baby leaves, and their frilly flowers look like lace strung between the twigs and branches. The dogwoods are in full profusion. Millions of strawberry blossoms have started to open attracting a number of pollinating wasps, bees, and flies, which is good to see for the health of the ecosystem. It is the return of all living things finding their livelihood together; a broad diversity of lives knitted to each other. The birds call from the early morning until darkness falls as the tree frogs and toads begin a nightly chorus, a rhymling chirping that's very easy to listen to as it eases the stress of the day, and helps everyone relax for their nightly rest.

We are grateful for these many sights and sounds of the earth that are created each day and each night. We especially are grateful for the hours of hard work that our partners have put into creating this box of food for you this week. We would like to thank the farmers at Sell Farms, Second Spring Farm, the crew at Tantre Farm, Garden Works, Kapnick Orchards, and Jacob's Fresh Farm. We would also like to acknowledge those who added value to our produce by creating a few of our tasty dishes this week with Juicy Kitchen staff and White

Lotus staff. Hopefully we can find many ways to also be grateful to the mothers, who have created us, as we celebrate Mother's Day this weekend, and especially our gratitude to Mother Earth for all of this life that sustains us. Hope you enjoy the sustenance of this box, and from all of us to all of you, we wish you a healthy and Happy Mother's Day weekend!

THIS WEEK'S SHARE ITEMS:

MUIR GREEN LEAF LETTUCE from [Sell Farms & Greenhouses](#): organically grown and hydroponic greens that are rich in calcium, iron, and vitamins A and C. This family-owned business in Ypsilanti is operated by husband/wife team Dean and Susan Sell. They specialize in perennial plants and hanging baskets. They also carry a wide variety of annuals, bedding plants, herbs, and vegetable plants from April through mid July. Thanks to Dean and Susan for providing a steady supply of lettuce all winter!

-How to use: raw in salads or sandwiches or (believe it or not!) use in soups or smoothies.

-How to store: refrigerate in plastic bag for 3-5 days

ORGANIC PEA OR SUNFLOWER SHOOTS from [Garden Works Organic Farm](#): You will receive one clamshell of sweet, tender pea OR sunflower shoots. They are soil-grown in two-inch deep trays and go from seed to your salad in roughly three weeks. Pea and also sunflower shoots (also known as pea or sunflower microgreens) are the young leaves and stems of traditional pea or sunflower plants. They add a delicious, mild, sweet flavor to any salad, stir-fry, grain bowl or sandwich. Garden Works is a certified organic, 4.5-acre truck garden and greenhouse farm in Ann Arbor operating year-round with many other kinds of microgreens available throughout the year. Visit Rob lives just a few miles from the Washtenaw Food Hub and has been providing product for the Ann Arbor Farmers Market, Argus, the Peoples Food Coop, Agricole, and Tantre Farm CSAs for many years. You may contact gardenworksorganic@gmail.com for more information.

-How to use: use as a salad, blended with chopped radishes, turnips, and cabbage, excellent garnish on a soup and almost any other dish, so yummy and tender!

-How to store: store in the refrigerator for up to a week.

FROST-SWEETENED SPINACH from [Tantre Farm](#): With the mild temperatures we have been having, we have been watching our hoop house spinach thicken the garden beds and our field-grown spinach come back to life and produce crisp, dark green leaves--good eaten raw or with minimal cooking to obtain the beneficial chlorophyll, as well as vitamins A and C; delicious flavor when juiced. Thanks to our very own Tantre staff for harvesting, washing, and packing.

-How to use: toss in fresh salad, add to sandwiches, sauté, steam, braise, or add to crepes, quiche, lasagna, soups, or spinach pie

-How to store: refrigerate with a damp towel/bag for up to 1 week

ASPARAGUS from [Tantre Farm](#): You will receive green or purple variety; good amount of vitamin A and fair source of vitamin B and C and iron; refrigerate tightly wrapped in plastic bag for up to 3 or 4 days.

-How to use: serve raw chopped in salads or with dips; steam, roasted, grilled, serve "cold" with vinaigrette or with a bit of olive oil and dash of salt and lemon juice.

-How to store: wrap in damp cloth and plastic bag and refrigerate or bundle spears with rubber band and place upright in container with inch of water.

RHUBARB from [Tantre Farm](#): related to a common weed, the dock plant; it is botanically a vegetable, although generally we think of it as a fruit; pinkish-green stalks are extremely acidic and sour; high in vitamins A and C and some minerals, such as calcium.

-How to use: dice young tart stalks into salads or hot/cold cereal, add slices to spring soups, juice it, make a sauce, pie, crisp, or tart.

-How to store: wrap in damp towel or plastic bag in the refrigerator for up to a week; for long-term storage, rhubarb may be frozen as a sauce or after it is washed, chopped, and drained, put in a bag.

ORGANIC YELLOW ONIONS (Patterson) from [Second Spring Farm](#): medium-large, blocky bulbs with dark yellow skin and thin necks; excellent storage onion. Thanks to our former intern (2003)-turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI for growing these vegetables. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole.

-How to use: great for soups, stews, egg dishes, onion rings, and other dishes for flavor.

-How to store: once cut, wrap in damp towel or plastic bag in fridge for 2-5 days or chop all extra parts of the onion and freeze immediately in Ziploc baggies for quick use; if not cut, store in dry, well-ventilated place for several months.

ORGANIC SWEET POTATOES from [Second Spring Farm](#): these are edible roots related to the morning-glory family that have dark red-orange skin with a vivid orange, moist, sweet flesh; high in vitamins A & C. Thanks to Second Spring Farm with the description above.

-How to use: prepare like potatoes--baked, boiled, sautéed, fried; can be made into pies, waffles, pancakes, breads, and cookies.

-How to store: store in a cool, dark place like winter squash. Note: Do not store in plastic or in fridge, unless cooked.

ORGANIC BEETS (Red Ace) from [Second Spring Farm](#): round, smooth, deep red roots with sweet flavor and many health benefits; you will receive just the roots without the greens. Thanks to Second Spring Farm with the description above.

-How to use: roots are good in soups, stews, roasted, boiled, steamed, excellent grated raw into salads or baked goods.

-How to store: store roots unwashed in plastic bags or damp cloth in hydrator drawer of refrigerator for up to 2 weeks

EVERCRISP and FUJI APPLES from [Kapnick Orchards](#): You will receive a mix of [Evercrisp](#) (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp and aromatic; good snacking apple and good for pies) and [Fuji](#) (large, bi-colored apple, typically striped with yellow and pinkish-red with sugary-sweet flavor with notes of honey and citrus; excellent in salads and for fresh eating, baked, and in applesauce). Thanks to Scott of Kapnick Orchards, who supplies apples, pears, and other products year-round at their farm market in Britton, MI. They can also be found at the Argus Farm Stops and Agricole Farm Stop, the Ann Arbor Farmers Market, the Saline Indoor Farmers Market, and 3 winter markets in Canton.

-**How to use:** see above in description; all good for fresh eating and baking!

-**How to store:** can store for 2 to 3 months in cool location.

BROWN BUTTER BUTTERNUT & CAULIFLOWER ENCHILADAS from [Juicy Kitchen](#):

This vegetarian two-pack dish is composed of puréed butternut squash, cauliflower, yellow onion, garlic, browned butter, coconut milk, and green chiles all wrapped in a tortilla with house-made guajillo sauce, shredded manchego, and aged white cheddar on top! Thanks to Aaron and all the kitchen staff at Juicy Kitchen. They sell their prepared foods with an online menu or at their location on Maple Rd, Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea, so stop and see them!

-**How to use:** Open the container, reheat, and enjoy.

-**How to store:** Store in refrigerator for up to a week. May freeze for a later date to enjoy as well.

QUEEN PARM SALAD from [White Lotus Farms](#) (vegetarian): This particularly beautiful salad is so colorful with Sunland and pomegranate romaine, pea shoots, golden raisins, parmiggiano reggiano, toasted bread crumbs, Maldon salt, fresh lemon juice, picual olive oil, maple syrup, and garnished with fresh edible flowers. Thanks to Byron and his staff for all their efforts at harvesting and creating this beautiful salad straight from the hoop houses at White Lotus Farms. They set up a stall in the Kerrytown Farmers Market every Wednesday and Saturday. They sell many of their products around town and especially at their farm on Liberty St. in Ann Arbor. Check out the website above to find out more about them.

-**How to use:** Open and ready to go! *Can be topped with **Garden Works pea or sunflower shoots** as a garnish.*

-**How to store:** Keep in refrigerator for 5 to 7 days

DWARF JEWEL NASTURTIUM PLANT from [Jacob's Fresh Farm](#): Your plant will flower in yellow, orange, or red blooms growing to about 12 to 16 inches high. Petals (and leaves) are edible and have a sweet and peppery flavor; use them to add color and a kick to salads. A few more plants will be available for purchase at the Hub Market if you want to create a low border planting or for container planting. Rich in nutrition and contains vitamin C in high amounts, which naturally increases your immunity and best for sore throats, chills, as well as works against bacterial and fungal infections. Thanks to Jacob and Anna, who live in Chelsea, MI. You can find their all natural products in Chelsea and in Ann Arbor at Agricole and Argus, at Busch's, and the Hub Market. During the summer they are at the Chelsea Farmers Market on Saturdays and their Farm Stand on Fletcher Road 7 days a week from 10 AM to 6 PM. For more plants come visit them during their Plant Sale from now through June. See more of what they offer on their website above in the name.

-**How to use:** peppery-tasting edible flowers are lovely when stuffed with cream cheese or added to salads for color.

-**How to store:** Keep soil moist and put outside in the ground or in planter box when temperatures are above freezing.

ANNOUNCEMENTS

1. WASHTENAW FOOD HUB FARM MARKET OPEN on May 11: We will be open every Saturday from 9 AM to 1 PM. We have replenished a few shelves at the market with Tiana Body Care soaps and several new varieties of Miss Kim's jams and

pickles, so come and get some Zingerman's Bakehouse bread and lather it up with jam from Miss Kim's, Calder Dairy butter, Zingermans Creamery pimento cheese or cream cheese, or sliced cheeses from Fluffy Bottom Farms. We will continue to have fresh produce from Tantre Farm, Sell Farm, and Garden Works. [Carosello Pasta](#) is back with several flavors of pasta and Zingerman's Bakehouse has fresh bread available. Many frozen items are available including frozen meats, tempeh, blueberries, quiche, pot pies, and [Michigan Farm to Freezer](#) Strawberries and Tart Cherries. We have fresh muffins and cookies from Harvest Kitchen and coffee beans from Roos Roast. [The Brinery](#) has plenty of kimchi along with their signature sauerkraut, pickled roots, and hot sauces. In addition we will have [Calder Dairy](#) butter, local eggs, and several varieties of kombucha, and [Calder Dairy](#) chocolate and regular milk to drink. Come and get free samples of Harvest Chocolate snacking chocolate! We also will provide chocolate bars, hot cocoa packets, chocolate tea, and [Great Lakes Potato Chips](#) along with [Ann Arbor Tortilla Factory](#) Tortilla Chips. As usual you can pick up your basic needs of maple syrup, granola, oats, honey, dried beans, lentils, popcorn, and a few varieties of soap. Lots of fun things to check out at the Hub Farm Market this Saturday!

3. SOCIAL MEDIA: Follow us on Instagram [@tantrefarm](#) to learn more. We are also active on [Facebook](#) with regular posts of photos and blurbs detailing life on the farm and what is happening in the weekly Immune Booster CSA shares.

4. SUMMER CSA 2024 REGISTRATION IS OPEN: Our SUMMER CSA registration is NOW OPEN for 18 weeks from June through September of 2024 for \$675 for the full season! Each week our goal is to provide 1 to 4 salad greens (lettuce, arugula, etc.), 1 to 4 cooking greens (collards, Swiss chard, kale, etc.), 1 to 4 root vegetables (carrots, potatoes, etc.), 1 to 4 fruiting vegetables (tomatoes, corn, squash, green beans etc.), 1 or 2 alliums (onions, garlic, etc.), 1 to 3 brassicas (broccoli/cabbage family), and 1 or 2 herbs (basil, parsley, etc.) when possible. Please feel free to go to our [website](#) for more details if you are new to our CSA or go directly to the Sign Up link [HERE](#)! *Hope to see you this summer in 2024!*

5. DO YOU LIKE TO WORK OUTSIDE? TANTRE IS HIRING! We are looking for part-time and full-time workers who are interested in getting their hands dirty and enjoy healthy, hearty, hard work. We provide home-cooked lunches every day with food from the farm. Room and board are available for full time work, and part time work is available as well for an hourly wage. Please email us or fill out an application from our website at <https://www.tantrefarm.com/int...>

RECIPES

*****Keep in mind a very easy way to find recipe ideas for almost any combination of share box ingredients is to type the items into your preferred "search bar" with the word "recipes" at the end, and many recipe ideas will pop up. Have fun searching!***

SPINACH AND ASPARAGUS FRITTATA (from Capay Organic Farm CSA "Farm Fresh To You" website) Serves 4

Filling:

1 bunch **Tantre spinach**, washed and drained, with stems removed

1-lb **Tantre asparagus**, cut into 1-inch pieces

2 cloves garlic, minced or mashed

Egg mixture:

8 eggs, beaten

3 Tbsp whipping cream or water

1/4 tsp salt
Pepper, to taste
2 Tbsp Parmesan cheese, shredded
Olive oil, to coat skillet

Preheat broiler. Mix ingredients well and pour into a greased 8-inch skillet and stir until set (about 5 minutes). Place under broiler for 2 minutes until top is golden brown. Cut into slices. Garnish with **Garden Works Microgreens** and a few of your edible **Nasturtium** when they start flowering.

STEWED RHUBARB (from Rolling Prairie Cookbook by Nancy O'Connor)

Serve as a topping with waffles, pancakes, ice cream, or yogurt!

4 cups **Tantre rhubarb**, sliced
1/2 cup sweetener (honey, sugar, or maple syrup)
1/2 cup liquid (water, orange juice, or apple juice)

Combine sliced rhubarb with the sweetener and liquid. Simmer over medium heat until rhubarb is stringy and mushy. Stir frequently to prevent scorching.

*Note: It is also delicious cooked with **Kapnick apples** or strawberries, which can lessen the rhubarb's tartness a bit. This sauce can be added to other dishes as well.*

ROASTED BEETS 'N SWEETS (from <https://www.allrecipes.com/rec...>)

6 medium **Second Spring beets**, peeled and cut into chunks
2 ½ tablespoons olive oil, divided
1 teaspoon garlic powder
1 teaspoon kosher salt
1 teaspoon ground black pepper
1 teaspoon sugar
3 medium **Second Spring sweet potatoes**, cut into chunks
1 large **Second Spring onion**, chopped

Preheat the oven to 400 degrees F (200 degrees C). Toss beets with 1/2 tablespoon olive oil to coat in a bowl. Spread in a single layer on a baking sheet. Mix remaining 2 tablespoons olive oil, garlic powder, salt, pepper, and sugar in a large resealable plastic bag. Place sweet potatoes and onion in the bag. Seal the bag and shake to coat vegetables with the oil mixture. Bake beets in the preheated oven for 15 minutes. Mix sweet potato mixture with beets on the baking sheet. Continue baking, stirring after 20 minutes, until all vegetables are tender, about 45 minutes.

CINNAMON ROASTED SWEET POTATOES AND APPLES (from <https://joyfoodsunshine.com/ci...>)

2 medium **Second Spring sweet potatoes** 4 cups, cut into 1" cubes
2 medium **Kapnick apples** about 2 cups, cut into 1" cubes
3 Tbsp coconut oil, melted & divided
1 tsp sea salt
2 Tbsp pure maple syrup
1 tsp ground cinnamon

Preheat oven to 425 degrees F. Grease a large baking pan, set aside. In a large bowl, toss cubed sweet potatoes with 2 TBS of melted coconut oil. Stir until coated. Add sea salt and stir until evenly distributed. Bake in the preheated oven for 20 min, stirring halfway through, until sweet potatoes just barely start to brown. While the sweet potatoes are baking: stir the remaining 1 TBS of coconut

oil into the apples. Add maple syrup and cinnamon and stir to combined. After 20 minutes, or the sweet potatoes have begun to brown, remove the sweet potatoes from oven and add the apple mixture and stir to combine. Return to the oven and bake for 20 more minutes, stirring halfway through. Once the sweet potatoes and apples are browned and the maple syrup has caramelized on them remove them from the oven and serve immediately!

CRUNCHY-RHUBARB-APPLE-SALAD (adapted from <https://www.vegetariantimes.co...>)

1/2 to 3/4 lb. **Tantre rhubarb**, trimmed and cleaned

2 **Kapnick apples**, cored and diced

2 stalks celery, diced

4 scallions, trimmed and sliced

1/2 cup sour cream

1/4 cup crumbled blue cheese

1/4 cup chopped, toasted walnuts

1 head of **Sell Farm lettuce**

Cut rhubarb into 1/4-inch-long pieces. Peel, core and dice apples. Combine rhubarb, apples, celery, and scallions in mixing bowl, stirring to mix. Stir in sour cream and blue cheese until ingredients are evenly coated. Sprinkle with walnuts, and serve on a bed of lettuce.

Hope you are enjoying these rainy, spring days, and especially celebrating mothers this Mother's Day weekend! We look forward to seeing you next week for Week #195 with pick up on Sat. May 18 at the Washtenaw Food Hub or Agricole Farm Stop! Thank you for supporting local farmers and food artisans.

Deb and Richard Owners of Tantre Farm

***We look forward to hearing your weekly feedback on the shares and welcome any suggestions on how to improve. Please understand that we try to give you an accurate listing of the produce in your box each week; however, since this menu is published before we pack the boxes on Fridays, we may sometimes have to substitute some vegetables for others. Mostly we are able to update you of changes in our Friday newsletter, but sometimes our decisions are made after the newsletter is published. Please let us know whenever you think you are missing anything, and we will try to find some way to make amends. Thank you for your patience and understanding, as we try to keep things as smooth as possible. Please contact Deb or Richard with questions or comments at info@tantrefarm.com.*

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States

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